



Picky Eater?



Use Shared Control at Meals: Parents are responsible for buying, preparing, and offering food; kids are responsible for deciding what they want and how much they want

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
#1) Food is the first thing your child becomes independent with in life	Respect your child's food preferences <i>but don't cater</i> to them 	Step 1: You chose the menu, Let the child select which foods and how much to eat	Step 2: Reintroduce refused foods later... 	Most kids must be offered a food over 10 times before accepting it...But most care providers give up after 3-5 times ☹️		Step 3: Don't get into a power struggle over food...don't worry if they don't try a food....
Tip: Outsmart kids... Tell someone <i>other than the picky eater</i> how much you enjoy the food while you taste it...		Less than 10% of care providers will offer a food 6-10 times	Don't make a child clean their plate or try new foods.... It didn't work on you, why are you going to do it to them?			It takes time to get used to new textures & flavors
Tip: The child won't let itself starve, no matter how dramatic they become.	Don't prep a separate meal, but offer at least one thing the child likes.	Tip: Be a role model!!	The <i>most powerful influence</i> on a child's eating behaviors <i>is the family's</i> eating habits!	Tip: Serve one new food at a time		25% of vegetables consumed by toddlers are in the form of French fries...
	Get kids involved in the meal preparation					French fries don't count as a vegetable ☹️ 